

# Medical updates you need to know

**Staff Sgt Michelle Makowski**

Health Systems Technician, 150th Med Sq

## PREVENTIVE HEALTH ASSESSMENT (PHA)

As of January 2003, the Air National Guard Medical Squadrons are required to implement what the active duty Air Force has been doing for several years. Physical examinations, as they were, are no longer and have been replaced by the PHA.

## WHAT IS A PHA?

The PHA is a new way to assess the health of our personnel. It is NOT a physical examination, but rather consists of a records review, patient interview and dependent upon age and occupation, certain specific tests. These tests may consist of visual acuity and blood pressure checks but can include additional studies that would normally be scheduled with a provider for follow-up at a later date if it were needed.

## WHY IS THE PHA IMPORTANT?

The PHA allows the medical service to ensure that you are healthy and fit to perform your military duties. Any medical problems that you have, which could interfere with you deploying, should be identified during this assessment. If medical conditions, which could affect your military readiness, are found, you will be directed to

follow up with your personal health care provider who can evaluate your condition.

In addition to verifying that no serious conditions exist, which could affect your duty performance, we will make sure your immunizations are up to date. We will also be able to review your particular health concerns, discuss them with you and recommend any follow-up if needed.

## HOW TO PREPARE FOR YOUR PHA

You and your squadron Health Monitor will be notified in writing of your upcoming PHA. You will be instructed to bring necessary items to your appointment, such as your shot records ID card, and perhaps any information you may have concerning your current health. You should review any pertinent medical problems that concern you with the physical exam technician at the time of your appointment. If you have medical concerns for which you have not been evaluated, you will be instructed to make an appointment with your Primary Care Manager.

Remember, if throughout the year, you have medical concerns; you should follow up with your personal Health Care Provider and bring any pertinent medical documentation to the 150th

Medical Squadron to be placed in your record. You should not wait until your PHA to have medical concerns addressed which have been present for a while. Routine health care and general health maintenance are each individual's responsibility and should be pursued in partnership with your primary Health Care Provider.

## REMEMBER!

PHAs are generally accomplished within your birth month. Some form of the PHA will be accomplished annually. Supervisors should already be informed of your requirement to complete a PHA that requires you report to the Medical Squadron. This is accomplished through the notification channels through the Health Monitors and the 1st Sgts; however, it would be beneficial for you to remind them of your appointment. This way they can adjust the work assignments for the few hours you will be gone. The PHA process is new to the 150th Fighter Wing as well as the Medical Squadron. It continues to improve based on policy changes and practicality.

We would like to know of any concerns or suggestions you may have to improve our process. Any questions or suggestions, please contact us at 846-5675.

150th Fighter Wing  
presents

## FAMILY DAY 2003 Veterans Through the Years

Sunday, September 7  
1030 - 1430

Food tickets must be purchased in advance no later than August 22.

FREE: Traditional Guardsman  
\$3.00: per Family member  
\$4.00: Officers, AGRs,  
retirees and family member

**Mud Volleyball, Safety Displays, Car Show, Aircraft displays, Giant Slide, Climbing Wall and more.**

Contact the 150th Family Readiness Office, Therese Sanchez, 853-5668 or Jennifer Sanchez, 352-8871 for tickets